

## Resources for Employees and Employers



### ***Breastfeeding: Best for Idaho***

#### **Issue Paper: Workplace Breastfeeding Support**

#### **United States Breastfeeding Committee (2002)**

Providing accommodations for breastfeeding offers tremendous rewards for the employer—in cost savings for health care, reduced absenteeism, employee morale and retention.

#### **Support Within the Workplace**

Information from the Centers for Disease Control and Prevention

#### **Washington Business Group on Health**

#### **Breastfeeding Made Easier At Home and Work**

Information about family support and list of links to resources for breastfeeding women returning to work or school.

#### ***BEST START IDAHO***

Order a free information packet for Idaho employers and employees:

- [BEST START IDAHO Catalog](#)
- [Order Form](#)

#### **Returning to Work While Breastfeeding**

Interesting, evidence-based article published in *American Family Physician*. Includes patient information and editorial, "Breastfeeding and Returning to Work in the Physician's Office."